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AIRPORT: New manager hired

Flight school shot down

ALLAN BENNER
PelhamNEWS Staff

PELHAM — After more than 30 years of teaching people to fly, the Welland Aero Center flight training program at Niagara Central Airport will soon be over.

The Niagara Central Airport Commission distributed a media release, recently, announcing that it has ended its working relationship with the flight school run by Bruce MacRitchie.

see **AERO CENTRE** | page 2

File photo

Bruce MacRitchie, owner of the Welland Aero Centre at the Niagara Central Airport.

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■ **AERO CENTRE:** Diploma program with Niagara College in the works

New revenues sought for airport

FROM PAGE 1

Barb Butters, a Ward 4 Port Colborne councillor and chair of the commission, said the governing members "hoped that we would have been able to negotiate a satisfactory lease with Mr. MacRitchie for him to remain there with the flight school, but despite efforts on all sides we weren't able to do that."

The commission has given Welland Aero Centre and its seven staff members 60 days to wrap up operations at the airport, located on River Rd. in Pelham.

Butters said "it was not an easy decision to make."

"There was a lot of soul searching that went into it. What we were trying to have here was a fair deal with Mr. MacRitchie. But despite our efforts, we could not come to a conclusion that was satisfactory — and believe me we tried. It is unfortunate beyond measure."

In addition to running his flight school, MacRitchie has been overseeing ongoing maintenance and management of the airport.

That's something the commission is changing as well.

Butters said the commission signed a contract with a new airport manager — concluding a request for proposal process that began last August. The new manager will be responsible for promoting the airport and bringing in more business.

"The new manager is going to be out there very actively looking to see what other folks there are that perhaps will want to do a flight school and whatever related businesses may want to come there. It's kind of early days, but we're trying to move forward as quickly and efficiently as we can."

> **"It would be very difficult for someone who doesn't have the experience and knowledge and expertise that he has to try and pull something like that [Niagara College parnership] off."**
>
> *Jim Larouche, Welland councillor*

Ward 6 Coun. Jim Larouche, one of Welland's representatives on the airport commission, called it a "very, very tough decision" to end the commission's relationship with MacRitchie.

MacRitchie said he's "deeply disappointed" by the decision.

"I'm really hoping this can be resolved," he said, adding he hopes to have a better understanding of the situation by the end of the week.

"I have commitments to instructors. I have commitments to staff," he said.

If MacRitchie is forced to close the flight school, he said, the commission will hire one new manager, "but I'm going to lay off seven."

"I doesn't make sense."

MacRitchie has been working to develop a partnership with Niagara College in the hope of establishing a diploma program for commercial pilots.

Butters said the commission remains "very supportive of that initiative," adding it's something she'd still like to see happen "whether it's with Mr. MacRitchie or somebody else."

But Larouche said MacRitchie is "the main ingredient for that proposal."

"He did all the homework, all the research. ... It was Bruce's brainchild and I'm convinced that it would be very difficult for someone who doesn't have the experience and knowledge and expertise that he has to try and pull something like that off," he said.

Butters said MacRitchie is welcome to submit a proposal to operate the flight school at the centre, along with any other interested party.

"The bottom line is things could not stay status quo," she said. "The airport is not sustainable if you do not have growth ... that's a pretty big burden on the backs of those taxpayers."

The airport is subsidized to the tune of about $1 per resident in contributions from each of the four municipalities it serves: Welland, Port Colborne, Pelham and Wainfleet.

Instead of relying on taxpayers, Butters said, the commission hopes to "move the airport in a direction that new revenues will come in and we'll be able to do the work out there that needs to be done."

"Otherwise, we're not going to have an airport," she said.

Pelham Mayor Dave Augustyn, who served on the airport commission before Ward 1 Coun. Richard Rybiak took over the position, said he hopes the airport will be able to reach its potential as a result of new management.

"Right now and for the last — forever — there really hasn't been that point person, designated staff overseeing the airport. Bruce MacRitchie who has been there for more than 30 years has certainly done a fabulous job in terms of the Welland Aero Centre, but the overall airport, there hasn't been an overall manager taking care of all of the responsibilities of the airport," augustyn said.

Wainfleet's representative on the commission, Ald. Ted Hessels opted not to comment, referring any statements to Butters.

> **"Despite our efforts, we could not come to a conclusion that was satisfactory – and believe me we tried. It is unfortunate beyond measure."**
>
> *Barb Butters, Port Colborne councillor*

> **"Right now and for the last – forever – there really hasn't been that point person, designated staff overseeing the airport."**
>
> *Dave Augustyn, Pelham mayor*

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CANADA DAY: In pictures

All photos by JOE CSEH Pelham News

Trucks from Pelham Fire Services drive the route of the Canada Day parade.

Regional Coun. Brian Baty, Niagara West-Glanbrook M.P.P. Tim Hudak and daughter Miller, and Mayor Dave Augustyn cut the Canada Cake from Sobeys.

The City of Thorold Pipe Band performed.

A Thousand Words Photography and Studio float was looking very patriotic.

The Pelham Soccer Club group got into the celebrations as well.

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comment

■ perspective

Wayne Campbell
EDITOR

Info centre an outreach

It was welcome news: the tourism information centre is carrying on business again this year.

The venue, The Log Cabin on Region Rd. 20 hasn't changed. But the ownership has. It is now in the capable hands of Larry Boggio and Ron Parton who have bigger plans for the local landmark, converting it into a gift shop and drug store.

Fortunately the tourism info centre stayed where it has been for the past few years as a project of the Welland-Pelham Chamber of Commerce. "It helps both of us," the community-minded Boggio who knows a good thing when he sees one said at the recently-held official opening.

Let's not underestimate need for such a service in this area. Unless you happen to live beneath a cabbage leaf, there's no doubt that motor vehicle traffic along the highway corridor seems busier than ever. There's no shortage of highway travellers these days and Pelham happens to be on one of the popular tourist routes.

The two counsellors returning from last year are university students Jennifer Barden and Allan Interisano. They have their work cut out for them.

Their duties include providing information about attractions in Pelham and Niagara, as well as local businesses, accommodations, festivals and other events. And there's a lot for them to talk about, what with so many events and activities coming up in the weeks ahead, including of course our own Summerfest (July 19 through July 22) and other popular attractions such as Port Colborne's Canal Days over the long holiday weekend in August. Blessed with pleasant personalities and winning smiles and impressing visitors as fonts of information about Pelham in particular and Niagara in general, the two counsellors are also good ambassadors for our community and region.

The Welland Pelham Chamber of Commerce is certainly well known for outreaches that are warm and welcoming when it comes to spreading a good word about life and living in its home base communities, as well as Niagara as a whole.

■ **SUMMERFEST:** July 19 to July 22

Summerfest Pavilion to be an enduring legacy

SUMMERFEST COMMITTEE
For PelhamNEWS

Although some secrecy surrounds the Summerfest Pavilion – known until now as the "beer pavilion" – the committee is ready to provide some details on this central piece of architecture for the Saturday Street Party.

Designed by the team at Forestgreen Creations, the Summerfest Pavilion will serve as more than an area for serving beer on Saturday, July 21. The pavilion will be known as a place for friends, family and members of the community to embrace the warm, welcoming nature of Pelham, according to Todd Barber, designer and owner of Forestgreen Creations.

Although the clever design will be kept under wraps until the actual event, Barber says it "will be representative of Pelham's safe, friendly, and easy-going atmosphere. While many early concepts were discussed and ideas altered along the way, the final product will meet the requirements of a unique, artistic, shaded, and simple-to-build structure."

Barber's team has been working closely with Shoalts Engineering from the initial 1/6th scale model, to its completion as a unique addition that will out-do last year's corral.

Along the way, the Summerfest committee, town staff and council have supported the vision, which means the structure will actually remain in place for the rest of the summer.

After Summerfest, it will be re-erected to serve as two picnic pavilions in the major parks of Fonthill and Fenwick.

As with many aspects of Summerfest, the project would not have been made possible without many individual and business partners, including the Town of Pelham, Forestgreen Creations, Shoalts Engineering, Clark Construction, Jeff Yungblut, Calvin Strickland, Charles Patterson, Jeff Eller, MG Promotions, Dekker Stairs Inc., Homes by Antonio, V&R Pools, Lafarge Concrete, ACB Electrical, Metal Supply and Transport, and Niagara Pre-Hung Doors.

Barber noted the Summerfest Pavilion will act as the gateway structure that connects Pelham Street to Pelham Town Square and will become one of Summerfest's, and soon, Pelham's, most recognizable attractions.

■■■

Now that the event is less than two weeks away, new information is being released daily, and volunteers are being recruited. Volunteer application forms are available on the website (www.pelhamsummerfest.ca) and the latest news is always just a click away on the Summerfest blog (located under the "News" tab on the website). Go online now to learn the latest about all the key events, including Friday's Niagara Nights of Art – Pelham Edition, Saturday's Communities in Bloom 11th Annual Garden Tour, and Sunday's Family Walk.

For information on how to become a Friend of Summerfest, or to see the full schedule of events, visit the website, www.pelhamsummerfest.ca, or follow updates through social media: Pelham Summerfest on Facebook, or @PelSummerfest on Twitter.

■ **REGIONAL VIEW:** Brian Baty

Information Niagara 211 now online

Brian Baty
REGIONAL COUNCIL VIEW

At a meeting of the Public Health & Social Services Committee, regional councillors received a presentation regarding the 211 telephone and computer services available to Niagarans.

While most, if not all, know about the 911 service and the 411 service, 211 is the new kid on the block. It is the means which connects people to a full range of non-emergency social, health and government services in their community.

The telephone service is available 24 hours a day every day of the year. It is not an automated call centre as calls are answered live by certified information and referral staff. A third party company is called in if translation services are required with personnel available to translate 150 different languages. 211 simplifies the access to information about services.

The top five reasons for connecting to 211 are: health services, financial assistance, housing and shelter, food and meals and information on community services. In many cases clients have multiple needs

Information Niagara has been in the community for 40 years. As an educator, I often searched the thick "orange book" to find information to help students or parents. That information is now online and through telephone calls. In 2011 they received 72,490 calls with 42,644 coming from Niagara.

While the service has been available in Niagara since November 2005, the service is currently expanding throughout Central South Niagara (2,345,106 residents). By the end of 2012 100% of Ontario will be able to access the service and nationally that number will be 58%.

The service partners with Niagara Region for the homelessness service system and completes free income tax forms for low income and Ontario Works applicants. Future plans are being prepared to take on a larger role in disaster plans along with emergency response and recovery.

The organization is governed by a community board of directors. It has 15 members on staff and operates with a $1 million budget. Many calls require intensive assessment and referral and are often quite complex.

The organization maintains extensive links with multiple community agencies and levels of government. On-going research is undertaken to ensure the accuracy of the information provided. Statistics are kept on referrals noting the community of the callers, the gender and age of the callers, their working status and language of the callers. Clients of both the Public Health and Community Services are advised of the 211 services and this column is intended to reach out to Niagarans who may not be aware of this free public service.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham and is the Co-Chair of the Public Health & Social Services Committee. brian.baty@niagararegion.ca

■ **ROADS:** Summerfest not necessarily fun for motorists

Pelham festival experimenting with town square access

WAYNE CAMPBELL
PelhamNEWS Staff

Accursi

Augustyn

PELHAM — A move to close the main entrance to Pelham Town Square for the Summerfest 2012 beer pavilion could come with a big hangover.

If the roadway can withstand closure to traffic for three days, the detour may become permanent

Heavy trucks will be restricted from using the entrance to Pelham Town Square for the July 19-22 period of the festival. A pavilion will arch over the entranceway to the square at Pelham St.

During the festival, the roughly four-metre-high structure will be a beer pavilion with bar-style shelves on each side.

After the party's over, heavy truck restrictions will remain in effect until Oct. 5.

Summerfest will serve as a test of whether limiting or closing the entranceway to traffic would be popular with residents and business owners.

"We've thought about it, here's a chance to try it," said Ward 2 Coun. Gary Accursi, who chairs the Summerfest organizing committee.

Mayor Dave Augustyn said a result of a recntly passed bylaw, truck traffic will be restricted as opposed to banned in order to allow access for emergency vehicles.

Most trucks serving businesses in Pelham Town Square and Fonthill Shopping Centre now enter and leave the square via Station St.

On Saturday, July 21, Pelham St. will be closed from Hwy. 20 to College St. for a daylong street party — the same area closed for the first one-day Summerfest last year, when the beer pavilion was an open air beer corral.

With the expansion to four days, Summerfest will draw in the Thursday farmers' market and Fonthill bandshell concert crowds. It will include an Art in the Park display, which on the Friday will feature a night of arts with music, theatre, dance, readings and visual arts.

A community brunch in Peace Park along with a family fun walk, art show and entertainment will top off the festival during its final day.

After Summerfest and the extended experiment with the town square entrance structure, the pavilion will be moved to one of the town's parks for use as a picnic area.

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■ **CANADA DAY FUN**

JOE CSEH Pelham News Photo

Four-year-old Aiden Lucchecca of Fonthill discovered a bubble-making machine during Canada Day festivities at Harold Black Park.

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■ **CHERYL O'NEILL:** Welland woman opens home, heart, to boy from New York City

Fresh Air friendships

MARYANNE FIRTH
PelhamNEWS Staff

WELLAND — Cheryl O'Neill likes to share the simpler things in life.

A dip in the pool, a trip to the beach and, most importantly, time with family.

It's those little moments that she's cherished over the past four years while welcoming Shak into her home.

Each summer, Shak comes to visit the O'Neill household, taking in the sights and sounds Welland has to offer.

Through the Fresh Air Fund program, he and thousands of other youths make their way out of the five boroughs of New York City to stay with volunteer host families in Ontario and 13 northeastern states.

"It's just a great experience," says O'Neill, knowing the impact the visit has not only on the visiting child, but on the family that opens its doors.

While she has spent several years as a host parent, last year she also took on the role of chairwoman for the program in the Welland and Fonthill area. Taking the reins from past chairwoman Carol Hardy, she knew she had big shoes to fill but was ready for the challenge.

Though O'Neill's involvement with the organization began five years ago, she's long admired the host families who opened their hearts and their homes to the city youngsters. Through articles in *The Tribune*, her family kept a watchful eye on the program throughout the years, hoping to some day become involved.

Their son, Nathan, was heavily involved in sports and did a lot of travelling throughout the summer months.

"We just kept watching and talking about it," O'Neill says of the program.

When the year came along that her son's travelling stopped, Dan and Cheryl O'Neill family decided it was time to usher in a new member.

"It's been a great four years," she says of the time they were able to spend with Shak, who this year is spending the summer working in his hometown.

"We were really lucky with Shak. He fit into our family right away," the 47-year-old Wellander says, thinking back over the past four summers..

While some people may think having a visiting child will mean expensive trips and activities to fill the time, O'Neill emphasizes that is not the case.

"It's the day-to-day activities that kids like — the family gatherings, going to the beach and meeting new friends — that they remember."

The O'Neills did the trips to African Lion Safari, water parks and even to a Major League Baseball game, but what Shak always said he enjoyed most during his stays were the quiet nights spent with family.

"You don't have to have a big house or a pool, you just have to want to give a little time and attention," she sayd. "Shak helped Dan to stain part of the deck two summers ago. It took the two of them about three hours."

MARYANNE FIRTH Staff Photo

Cheryl O'Neill, who oversees the Fresh Air Fund program in Welland and Fonthill, believes it's the simple activities, such as swimming and playing outside, that inner-city children from New York City enjoy most when visiting Niagara.

O'Neill laughs warmly when she adds Shak remembers it as one of his favourite times.

"He just loved spending that one-on-one time with Dan, having that connection and feeling like part of the family."

Each year, O'Neill purchased a Canada Day T-shirt and used it as a keepsake signing board for all visitors to the house. People would leave messages, e-mails and phone numbers to help Shak remember the experience and keep in touch.

But Shak wasn't the only one who had precious memories to keep after each summer. O'Neill says her family greatly benefit from having the youngster, now 16, in their home.

Having Shak around, the family began spending more and more time together, she says, and gained a true appreciation for their life in the Rose City.

South Niagara offers a "different pace" than what many of the inner-city youths are used to, O'Neill says, adding many often comment on how quiet the area is and how dark it gets at night without all the bright city lights.

"It's a different world."

"It's just so important," she says of the program, unable to express the true impact it can have.

O'Neill wants to encourage more people to consider becoming host families. She's happy to speak with anyone interested in finding out more about the program to share her experience and outline what people can expect. She can be reached at 905-732-1299 or oneillcdjn@hotmail.com.

Both host families and the visiting children are interviewed and screened to help ensure everyone is suited for the program and that an appropriate match is made.

First-time visitors range in age from six to 12, with families able to request the gender and approximate age of their summertime guest. Families are able to invite the same child back again through the program until the youth reaches age 18.

"Some come for two weeks, some stay for the entire summer," O'Neill says, referencing some of the many positive experiences youths have.

"They just love it. It really is like having a second family for many of these kids."

Several Fresh Air children arrived in Niagara on Thursday for the first set of visits for the summer. O'Neill is still looking for additional host families willing to open their homes in August.

"It's great to see the kids smiling faces on the bus when they get here," she says, adding those smiles are often replaced with tears as they have to say goodbye.

"It's nice to know you have someone out there that looks to you. You can be a part of their life," O'Neill says.

"It's nice to be able to give back, to pay it forward."

At the Fresh Air conference in February in New York, the south Niagara team won a coveted award for Team of the Year, which O'Neill was proud to accept.

"We try and work really hard with our families," she says of the local organizers, adding they're all enthusiastic about the program.

"My husband and I have always been involved in the community," says O'Neill, who works in customs with the Canada Border Services Agency.

Both were members of the now defunct Jaycees and continue to be involved with minor hockey throughout Niagara.

"We need to show our kids, this generation, that you need to give back."

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FUNDRAISER: Bryan's road to recovery

Helping Abby's dad

KARENA WALTER
QMI Agency Niagara

LINCOLN — Four precious days.

That's how much time Bryan Morrison got to spend with his newborn baby girl before being snatched from his family by a massive brain bleed.

Even measured in hours, it's a pittance for the 28-year-old father, now in a coma.

His wife Sarah tries to keep him up to speed with Abigail's progress during daily visits to his bedside at Hamilton General Hospital.

"I say hello. I give him a kiss," she says. "I tell him how his baby girl is doing. That's about all I can do."

The Beamsville couple's lives took a drastic turn after being in celebration mode at the end of June.

Sarah, a 31-year-old supply teacher with District School Board of Niagara, had given birth to their first child. Abigail was born premature and after spending 10 days in a special care nursery, was finally allowed to come home on June 21.

Four days later, Bryan was at work in the kitchen at Sawmill Golf Course in Pelham and complained of a massive headache. Suddenly, he collapsed.

"I'm blessed that he got to see his daughter and meet his daughter, but never in my wildest dreams did I think I'd be raising a brand new baby on my own with my husband in a coma," Sarah said.

Until the middle of last week, Bryan was in his own coma and has since been placed in a medicated coma so his body can try and heal itself.

Friends have launched fundraisers for the family through a Facebook page, Bryan's Road to Recovery, which includes a bank account and event later this month.

Sarah, currently staying with her twin sister and her family, is living on a single maternity leave income and doesn't know what Bryan's recovery will entail. Doctors haven't been able to bring him to full consciousness in order to see what the repercussions of the brain bleed are. His prognosis is unknown.

> **"I'm blessed that he got to see his daughter and meet his daughter, but never in my wildest dreams did I think I'd be raising a brand new baby on my own with my husband in a coma."**
>
> *Sarah Morrison*

"We don't know," Sarah said. "It's really just a waiting game."

The situation was shocking, although the family knew Bryan had arteriovenous malformation, a tangle of blood vessels in his head, discovered when he was 18 and had a CT scan after a minor car accident.

Two years ago, he had a stroke. It prompted the couple, who met seven years ago at a golf course, to no longer wait to get married. They will celebrate a two-year anniversary in December.

"We've always known this could have been a possibility in his life," Sarah said, "but never imagined it would be happening at 28 years old when his baby was two weeks old."

Abigail has been doing well, sleeping and eating normally. Sarah said she couldn't ask for a better baby. Her family and friends have been 100% supportive.

"Friends and family and the community, everybody," she said. "Without all the support, there's no way I'd be able to handle all this going on."

karena.walter@sunmedia.ca

Supplied photo

Bryan Morrison and wife Sarah are shown with their newborn girl, Abigail, in late June. Four days after the baby was allowed to go home, Bryan, 28, collapsed at work with a massive headache. He remains in a coma.

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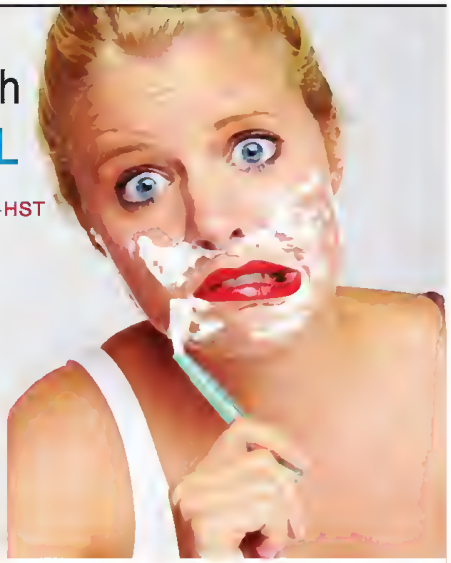

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■ **REGION:** Cultural Capitals of Canada celebrated

Niagara Nights of Art takes creativity to Pelham streets

For PelhamNEWS

Pelham is said to be a vibrant, caring community, but with Niagara Nights of Art – Pelham Edition, what has been said will be experienced first-hand.

Niagara Nights of Art – Pelham Edition takes place in Peace Park on Friday evening, July 20, from 4 to 10 p.m. as part of Pelham Summerfest 2012.

Niagara Nights of Art events will be happening in all 12 municipalities as part of Niagara Region's Cultural Capitals of Canada program for 2012. The project is designed to celebrate the arts and highlight their value in our communities, as free, family-friendly public events that celebrate all arts disciplines.

Pelham will kick off all NNA events by holding the first one. As such, it will include a special opening ceremony, and will include several performances by musicians, and displays of mixed media art. A group of diverse artists will include interactive components as well.

The committee selecting artists for the first event focused on selecting Pelham artists, and they are thrilled with the response from the local community.

The musicians include Taylor Wallace, who will perform original works and cover songs; the band Too Much of John, who will offer a 10-song debut of original modern rock material; Devon Houlden; and Mackenzie Casson.

Kim McClay, who creates community collaborative-based artwork, will offer an interactive performance, in which participants will be invited to contribute four- inch squares to a four-foot square community quilt.

Madison Barber's artwork can already be seen in town, as a birch-tree pole art structure behind Forestgreen Creations. For the Niagara Nights of Art, Barber promises to enhance the display as a "glowing night attraction art piece."

Local artists Andrew Dair and Carolyn Finney will provide an interactive element, by providing colouring pages for children while also displaying their own original works. Author Brian Cretney will bring a storytelling picture book and be offering tips for children on drawing cartoons.

The displays and performances take place between 4 and 10 p.m., in and around Peace Park. The launch celebration starts at 7 p.m. with dignitaries from various levels of government in attendance. Culinary artistry will be on display as well, since the Niagara College Wine and Beer Garden will be located in the park that night, offering samples of artcraft beers and award-winning wines.

All ages have been invited to participate in the Niagara Nights of Art. There will be a Young Artists showcase, sponsored by the Pelham Art Festival and featuring works by youth from five years old to 18. Categories include drawing, painting, photography and 3D recycled creations. The Mayor's Youth Advisory Council is sponsoring a film festival for original works as well. Details are available on the town website under the "Town Hall" tab at www.pelham.ca.

The Youth Art Exhibit, led by Niagara College, will also join the Pelham festivities. The travelling exhibition showcases the work of the first graduating class of the college's Digital Photography program, under the theme of Crossing Boundaries: Niagara's Creative Spirit.

The evening has been made possible through The Government of Canada and Niagara Region together, through the Cultural Capitals of Canada 2012 program; through the Town of Pelham, the Pelham Art Festival, and the Mayor's Youth Advisory Council.

For more information, visit the Summerfest website at pelhamsummerfest.ca, and niagaraculture2012.ca.

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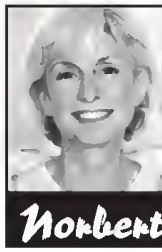

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■ **QUEEN'S JUBILEE ROYAL GARDEN PARTY**

WAYNE CAMPBELL Staff Photo

Gwen MacGillivray, wears a hat for Queen's Jubilee Royal Garden Party and son Michael in St. George tie toast the Queen.

WAYNE CAMPBELL Staff Photo

Jayne Watson and Diane Watters citizen representatives on the Pelham Diamond Jubilee Royal Garden Party organizing committee pour tea. The three seatings of for royal tea in Pelham Peace Park came close to selling out.

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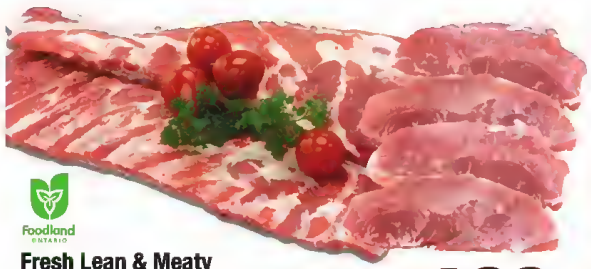

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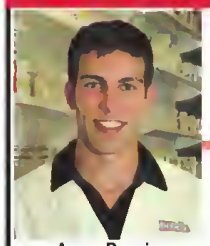

Ask Our Pharmacists

Aaron Boggio
R.Ph.B.Sc.PHM

Scott Penner
R.Ph.B.Sc.PHM

LAXATIVES AND CONSTIPATION

Very rarely does a day go by where there isn't a question about constipation from a patient stopping by the pharmacy. Most patients want to know what they should take that is available without a prescription.

Constipation is a symptom that occurs when waste moves too slowly through the body, resulting in stool that is dry and hard. This often makes it difficult and painful to pass.

Some medications such as antidepressants, water pills, and certain pain killers (such as Oxycontin and Codeine) may cause constipation.

The frequency of bowel movements varies from person to person, from as little as twice a week to a couple of times a day, and is affected by diet, medications, and exercise.

If you are having trouble going to the washroom, the first thing a pharmacist will usually recommend is increasing the amount of fibre in the diet by eating whole grains, fruits and vegetables. In addition, drinking at least 8 glasses of water will minimize constipation.

If these suggestions do not work, there are several options available to you.

For short-term treatment of constipation, (if you haven't been to the washroom in several days), a saline laxative such as Milk of Magnesia can be tried. Alternatively glycerin suppositories work quite well. If symptoms still do not resolve you could consider an enema with the advice of your physician.

Stimulant laxatives such as Dulcolax and Senokot can also be used to maintain regularity. If you are on long term narcotic therapy you may need to take these types of medications as long as you are taking the narcotics.

For long-term treatment of constipation, bulk-forming agents such as Metamucil or Prodiem Plain can be used. These bulk-forming agents increase the stool weight, allowing the stool to pass through the body faster and cause more frequent bowel movements. These agents typically take about 12-72 hours to take effect and are usually safe to use for long periods of time. When taking bulk-forming agents, it is recommended to drink lots of fluid.

For young children there are a few options. For immediate relief a pediatric glycerin suppository can be tried. For chronic long term management PEG 3350 is often prescribed, or is available over-the-counter as LAX-A-Day. You should consult your family doctor however if you want to try an oral medication for a child suffering from chronic constipation.

If you are not having trouble going to the washroom, but you find the stool to be too hard and painful to pass, the pharmacist may recommend a stool softener such as Colace (docusate sodium) that will soften the stool for increased comfort.

Before deciding on a therapy, talk to a pharmacist and they can help you decide on a treatment that is right for you.

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MAKING A SPLASH

MARYANNE FIRTH Staff Photo

Sandra Sodtke catches four-year-old son William Looby as the pair enjoy some time in the cool waters at Marlene Stewart Streit Park Pool in Pelham.

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■ **PETS:** Unwanted no more

Feline adoption initiative is the cat's meow

VICTORIA GRAY
PelhamNEWS

WELLAND — Abby found a family to call her own on Canada Day, making her the 100th cat adopted from Welland and District Humane Society's adoption centre at Seaway Mall.

Kim Topolinsky adopted the calico because the feline leaned against her cage and seemed to choose her new owner.

"I'd been in (the adoption centre) like 100 times, but I always convinced myself out of getting (a cat), but this time I just couldn't. She's such a good cat and so cuddly."

John Greer, executive director of the humane society, said the centre has worked out very well, but it's run by volunteers, so he can't take much credit.

"It's been hugely successful for adoptions for cats from our standpoint," he said. "I think reaching that kind of number went beyond our expectations for having an off-site adoption centre."

The centre opened on April 2. Volunteer co-ordinator Nancy Thomas said about 60 volunteers staff the centre that sees between 50 and 100 people come in to take a look at the cats on any given week night.

"We're so thrilled and now we're up to 103," she said.

victoria.gray@sunmedia.ca

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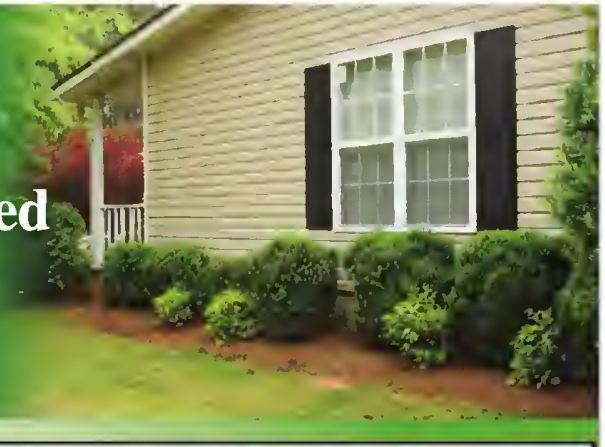

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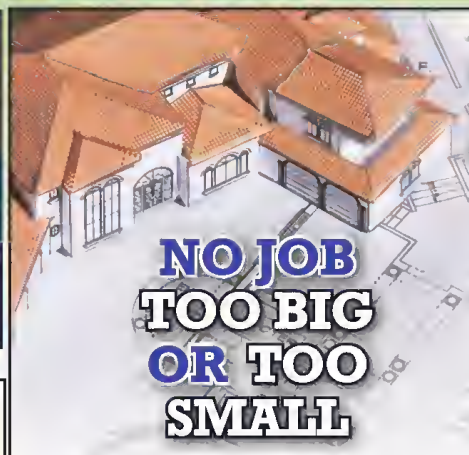

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JOE CSEH Pelham News Photo

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Pets Agriculture

General Employment A800

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Please contact 905-228-3592.
Submission deadline July 13,2012

General Employment A800

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AROUND TOWN

MONDAY JULY 16

KIDS VBS CAMP at Fonthill United Church, free for kids ages 5 to12 in the mornings from 9 a.m. to 11:30 a.m. from July 16 to 20. Phone the church at 905-892-6433 on Monday, Wednesday or Friday mornings. Non-denominational vacation Bible school.

ART FUN WITH BEVERLY SNEATH from July 16th to 20 cartooning, painting, sculpting and lots of fun activities for ages 5 and up 9:30 am to 12 noon

All materials are included. The Studio is located at 1341 Effingham St., Ridgeville Call 905-892-5868.

FRILLY SCARF If you can learn to tie your shoe, you can learn how to make a gorgeous frilly scarf. No knitting skills required. At Pelham library 6 p.m., $22.00 includes materials. Register ahead in person.

MONDAY JULY 30

MAKE YOUR OWN TEACUP BIRD FEEDER In this fun and easy workshop you will get to make and decorate your own bird feeder, using fancy china teacups. All materials and instructions provided. Ages 14 and up.

At Pelham library at 6:30 p.m. $8.Please register ahead.

ONGOING

ST. ALEXANDER PASTA NIGHT first Thursday of every month at St. Alexander Church, Town Square, Fonthill. Admission: $9 for adults, $4 for children age four to 12 and children under three free. All you can eat red and white sauce penne, meatballs, sausage, garlic bread, salads and more. Catered by Antipasto's.

FENWICK LIONS FISH FRY every second Friday at Fenwick's Centennial park from 4 p.m. to 7 p.m. Large two-piece dish of haddock and fires $10, one piece $8. For cole slaw add $1. This 15-Friday season runs from April to October fish fry dates are: April 6, April 20, May 4, May 18, June 1, June 15, June 29, July 13, July 27, Aug. 10, Aug. 24, Sept. 7, Sept. 21, Oct. 5 and Oct . 19.

PELHAM FARMERS MARKET runs each Thursday evening market from 4:30 p.m. to dusk in the parking lot of the Pelham Municipal Building in Fonthill. The weekly sale of local produce, flowers and agricultural products continues weekly until Oct. 25.

FONTHILL LEGION LUNCH each Friday from 11:30 a.m. to 1 p.m. at Royal Canadian Legion Branch 613 hall on Regional Rd. 20 east of downtown Fonthill. $9 with takeout available. Main dish plus dessert, tea and coffee.

ALZHEIMER SOCIETY of Niagara Region Support Groups for Caregivers meets the first Tuesday of each month, except July and August, 1:30 p.m. to 3 p.m. at Rapelje Lodge, 277 Plymouth Rd., Welland. For info call 905-67-3914.

ALZHEIMER SOCIETY of Niagara Region Support Groups for Caregivers meets the third Monday of each month, except July and August, 1:30 p.m. to 3 p.m. at Alzheimer Society, 403 Ontario St. Unit 1, St. Catharines. For info call 905-687-3914.

CHORUS NIAGARA The Power of 100. Artistic Director Robert Cooper invites singers to audition for Niagara's premier 100 voice community choir. Call Pam at 905-357-1616 for an audition appointment. Further information www.chorusniagara.ca

ST. CATHARINES NEWCOMERS Club invites women of all ages new to the Niagara area to join us on the first Wednesday of the month, at the Heideh of, 600 Lake St, St. Catharines at 7.30 p.m. Call Lois at 905-988-9988 or Gwen 905-641-9816.

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AUDITIONS Chorus Niagara Children's Choir is a growing choral group for children aged 7 to 17. Under the leadership of Melanie Marlin they are rapidly becoming known in the region for their excellence in choral singing. If you would like more information or would like to book an audition please contact the choir manager Lyn Hibbitt at 905-945-2049 or cnccmanager@yahoo.ca.

A CAPPELLA NIAGARA MEN'S CHORUS Invites singers for fun, fellowship, and fabulous 4-part harmony every Tuesday at 7:30 PM at St.John Ambulance, 5734 Glenholme Ave. at High St. in Niagara Falls. For info call Bob—892-2336. Come and sing with us. You'll be glad you did!

Around Town is a coming events service for non-profit groups in Pelham. Please make submissions by e-mail to wayne.campbell@sunmedia.ca or by fax to 905-732-3660.

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www.pelhamnews.ca

1.2 million Canadians – 1 in 25 – carry the gene for cystic fibrosis.
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"It works! I'll take another two bottles please!"

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided."By now you are probably wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis.This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief!? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

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